

Date: 25th March 2024

Dear Parent/Carer

You may be aware that cases of measles, an infection once eliminated in the UK, are on the rise with London and the Midlands having already seen a high number of cases. Numbers are now also increasing in the North West.

Measles can be a very unpleasant illness that can cause serious complications, especially for children, pregnant women and people with weak immune systems. Measles spreads very easily among those who are unvaccinated or who have only had one dose of the Measles, Mumps and Rubella vaccine. Getting vaccinated is free and easy, providing long lasting protection with just 2 doses.

### **What is Measles?**

The earliest signs of a measles infection include high fever, runny nose, cough, and rash. In some cases, it can lead to complications such as ear infections and pneumonia and in very rare occasions it can lead to a long-term disability or fatality. Further information can be found on the [NHS website](#).

Spending 15 minutes or more in direct contact with someone infected with measles is enough to catch the infection. 9 out of 10 unvaccinated children can catch measles if someone in their class has it.

### **How do you prevent Measles?**

The best protection against measles is to have had the MMR vaccine. Two doses are enough to give lifelong protection from becoming seriously unwell with Mumps, Measles and Rubella. The vaccine is given at one year old and again at around three years and four months of age, however anyone of any age can have the vaccine at any time.

### **How can you get the vaccination in Wigan?**

There are a number of places in Wigan where you can get the vaccine, including your GP. The table below will help you identify the most appropriate place for you or your child:

Age	Vaccine Provider	How to Access
12 months of age or older (including adults)	GP	Contact your local GP

Pre School	Intrahealth (First Dose)	<p>Clinics are being run over the Easter period on:</p> <ul style="list-style-type: none"> <li>9<sup>th</sup> April, 10am – 12pm at Westfield Startwell Clinic, The Meadows, 110-116 Ridyard Street, Wigan, WN5 9RQ</li> <li>9<sup>th</sup> April, 1:30pm – 3:30pm at Westleigh Start Well Centre, Leigh, WN7 5NJ</li> </ul> <p>These clinics are drop-in clinics. If you prefer to book a slot, please call 03333 583 397 &amp; select 'Wigan MMR' (option 1) or by email <a href="mailto:WiganImms@intrahealth.co.uk">WiganImms@intrahealth.co.uk</a></p>
Primary School	Intrahealth	
Secondary School	School Aged Immunisation Service	<p>The School Aged Immunisation Service are running appointment only clinics across the Easter school holidays, available at Tyldesley, Pemberton and Golborne Clinics. If you would like an appointment please contact the Immunisation team on <a href="mailto:WWL-tr.wiganschoolagedimmunisationteam@nhs.net">WWL-tr.wiganschoolagedimmunisationteam@nhs.net</a>.</p>

If you are unsure if you or your child are up to date, check your child's red book or GP records and make an appointment to catch up on any missed doses.

### What if you become unwell?

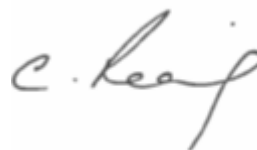
If you or your child become unwell, and you suspect it could be measles:

- Stay at home and contact your GP/NHS 111 for advice.
- **It is important to inform the GP/walk-in centre before attending so that you can be seen in a separate area to prevent spread to other patients.**
- Do not go to school, nursery, or work for the four days after the rash first appeared.
- Try to avoid close contact with babies, people who are pregnant and people with weakened immune systems.

Yours sincerely,



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